Volume 10, Number 17 October 21-November 3, 1995

UCSF Newsbreak

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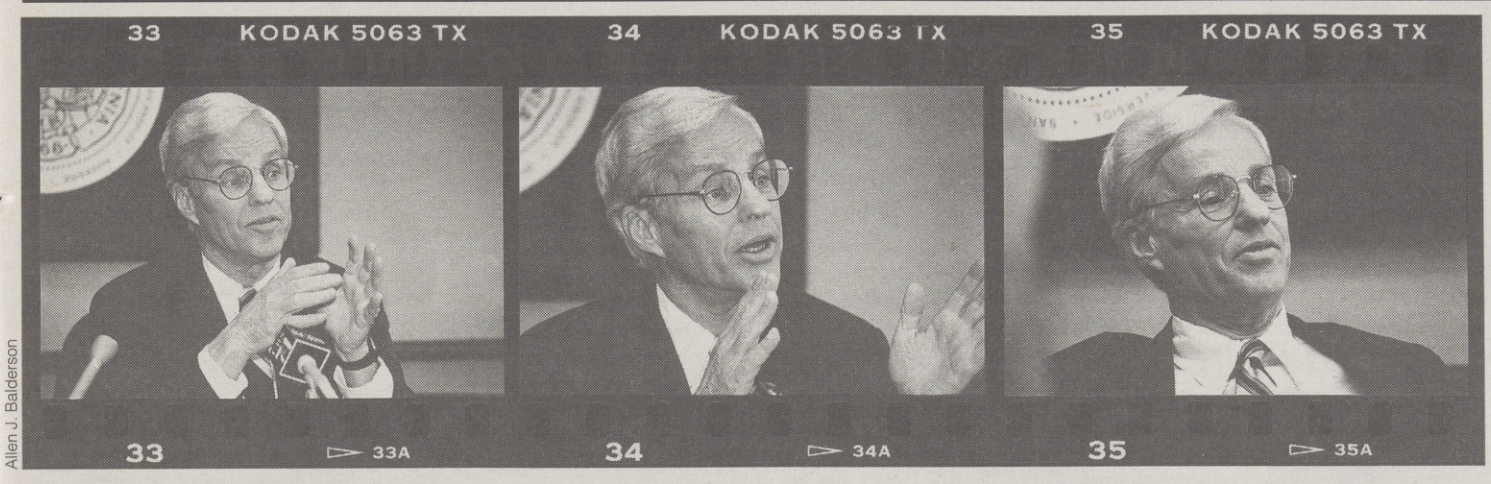


Allen J. Balderson

First day on job new UC chief hints at changes

By ALLEN J. BALDERSON

Richard Atkinson started his first day in office as the new UC president on Oct. 2 with a morning press conference. More than 20 reporters from the Bay Area and a few of the UC campuses queried him on everything from affirmative action to the "tidal wave" of new students that could accelerate plans for the 10th campus at Merced.

During the course of the conference, the new UC chief defended the value of academic health centers such as UCSF, touted UC's stellar performance in recent national surveys, and hinted at various systemwide changes he would make. He often remarked that change "should not come too quickly" and that most of his ideas still were in the planning stages.

Given the Regents' recent decision to end affirmative action, the former chancellor of the San Diego campus was asked if the University was turning its back on the citizens. "In a certain sense I cannot provide a reassurance that we aren't," he said. "We will have to work very hard to ensure diversity at the undergraduate level, but I'm fairly confident we can maintain diversity at the graduate level." Atkinson noted that UC hasn't done a great job so far given its percentage of minorities is at about the same it was 15 years ago even with racial preferences. Results are similar throughout the country.

Asked if there was any chance that the Regents would rescind their affirmative action vote, Atkinson said it was very unlikely.

In terms of the pursuit of diversity, and whether it would be done on a systemwide basis or become the responsibility of each campus, Atkinson said an overriding diversity policy will be set by the Regents and monitored by the Office of the President. Implementation would vary from campus to campus. As was stated by the Regents in recent months, Atkinson reiterated the need for greater outreach, particularly in grades K through 12. He said a new systemwide program where students would be encouraged to volunteer as tutors or student aides to help pupils qualify for admission to UC could be added to existing programs, but he first needs to discuss his plans with the chancellors. "The issue is whether or not the students should receive credit or not," he said.

Atkinson also said a "catalogue" of sorts soon would be compiled to get a better grasp of the literally hundreds of UC outreach programs already reaching into the schools. He added that he was considering targeting outreach programs to schools that traditionally have had low UC enrollment.

Given the continual fee increases, some reporters questioned if the University is making it more difficult for poorer students to enroll. Atkinson shares the concern, but said that UC has little choice but to raise fees for those who can afford them in order to subsidize the rest. "In essence the policy is saying that students who are in college now and whose parents can afford to pay for college should be subsidizing students who cannot. In fact, the entire society should be subsidizing the students equally. It's a problem."

Atkinson promised to continue to make the case to the legislature and federal government. A student fee hike of 7.1 percent is scheduled to be voted on at the November Regents' meeting at Laurel Heights.

Sensitive to criticism he received from students at UCSD regarding his inaccessibility, Atkinson said that there is no way as president he could make himself available to the full array of students. "There are just too many," he said. The best way to understand student views, he said, is to have meetings with a sampling of students representing a variety of views.

When asked if the Regents, who now serve 12-year terms, should be elected rather than appointed, Atkinson said they should not be elected, and that longer terms correspond with more thoughtful advice. "I've seen too many other states where the Regents are elected and there's chaos. People need to know what the University is all about in order to govern it effectively."

In defense of the Regents, who recently have been criticized for being out of touch with the rest of the University, particularly regarding affirmative action, Atkinson stated,

(See **ATKINSON** *on page 2)*

Anger continues over end of affirmative action

By ALLEN J. BALDERSON

Students, faculty and staff at all nine UC campuses demonstrated on Oct. 12 to show their unwaning discontent over the Regents' decision on July 20 to abolish affirmative action. While the exhibition of disdain at UCSF was small in comparison to those at Berkeley and UCLA, what it lacked in numbers it made up for in enthusiasm. More than 100 people, mostly students, poured onto the sidewalks and medians of Parnassus holding signs applauding affirmative action and encouraging drivers to honk their horns in support.

A rally followed at noon in Saunders Court, where more than 300 people listened to impassioned speeches by faculty Haile Debas, dean of the School of Medicine, neurologist Dan Lowenstein, Kevin Grumbach of Family & Community Medicine and psychiatrist Lynn Ponton, plus two medical students who have benefited from affirmative action policies. The faculty speakers, in particular, reinforced the need for all of us to "work doubly hard to increase diversity."

"Why are we outraged by the Regents' decision?" asked Debas. "Because it was purely political ... it was made in great haste with deliberate exclusion of University process ... and it violated the moral conduct and goals of the University." Debas said that he, as an African American, may not have had the opportunity to become a faculty member here, let alone dean of the medical school, if affirmative action policies didn't exist. Debas added that a social benefit of affirmative action in admissions is that African-American and Latino students are more likely to return to work in their communities and are more committed to helping the indigent.

"Politics is the art of distorting reality to fit one's own ambitions," shouted Lowenstein to the crowd, referring to Governor Wilson's desires to become President and the Re-

(See **AFFIRMATIVE ACTION** *on page 2)*

FDA approves new osteoporosis drug

By LISA CISNEROS

UCSF is playing a major role in testing the first non-hormonal drug approved recently by the FDA to treat osteoporosis.

Considered a breakthrough in prescription medicine, the drug, called Fosamax, builds healthy bone and restores some of the bone lost as a result of osteoporosis, according to Steven T. Harris, a clinical professor of medicine and radiology, who launched the study at UCSF in 1990.

This is the first non-hormonal drug alternative to estrogen replacement therapy for postmenopausal women, who are particularly susceptible to osteoporosis. Although studies have shown that estrogen protects against both osteoporosis and heart disease, estrogen therapy may be associated with an increased risk of breast cancer and has been linked to cancer of the uterus.

"It is likely that Fosamax treatment will provide the same skeletal benefit over the long-term as does estrogen," says Harris. "The availability of an effective non-hormonal treatment is a very important advance for millions of women who cannot take estrogen treatment."

The effect of continuous treatment with Fosamax is a net increase in bone mass in women with osteoporosis after menopause.

While the studies were not designed to detect fracture risk, results show a trend toward preventing fractures. Fosamax reduced by 48 percent the number of women who suffered new spinal fractures compared with women treated with a placebo.

The definitive study to determine whether

(See **OSTEOPOROSIS** *on page 7)*

NIH funds update

The US Senate and House of Representatives both have approved their Labor/Health and Human Services Appropriation bills, through which the National Institutes of Health (NIH) is funded. Under the Senate's version, the NIH would receive a 3 percent increase, while the House version gives the NIH a 6 percent increase. These bills now have to go to a House-Senate conference committee to hammer out the differences.

Despite the increases that the NIH presently enjoys in both bills, researchers are warned not to bank on the money just yet. Both the Senate and House cut deeply into many programs close to the current Administration's heart. Any final agreement may call for reducing the increases in NIH funding in order to fund other programs. The Regents also have allowed a 3 to 4 percent increase in their budget for research projects.

NIH funding is critical to the University. In 1993-94, the latest year for which data is available, NIH contract and grant awards to UC investigators amounted to about $649 million and constituted a little more than half of all research support to UC. Look to a future issue of Newsbreak for further details.

Allen J. Balderson

Protesters take over the sidewalks and traffic islands on Parnassus.

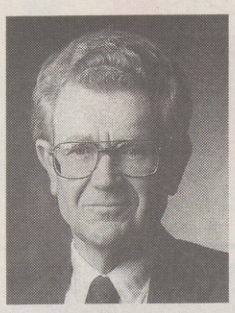
Gazette

Honors & Awards

Kaplan

Beth Kaplan, surgery & emergency services, SFGH: Leadership Award, San Francisco Commission on the Status of Women's Domestic Violence.

Joseph B. Martin, Chancellor & neurology: Fellow, American Association for the Advancement of Science.



Mahley

Robert W. Mahley, Gladstone Institute of Cardiovascular Disease & pathology: Honorary degree, Göteborg University, Göteborg, Sweden.

Patricia J. Larson, physiological nursing: Elected to the National Board of Directors, American Cancer Society.

Private Support

UCSF is pleased to acknowledge the following gifts/pledges of $25,000 or more from individuals, corporations and foundations received Sept. 16-30, 1995. These gifts/pledges have arrived during the final phase of UCSF's $530 million Strength to Strength fund-raising campaign.

$100,000 - $500,000

California Wellness Foundation
Howard Hughes Medical Institute
G. Harold & Leila Y. Mathers Charitable Foundation
The David & Lucile Packard Foundation

$25,000 - $99,999

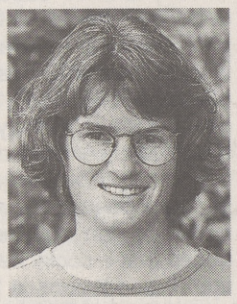
American Cyanamid Company
American Shared Hospital Services
Joseph Drown Foundation

Publications

Maurice E. Cohen, radiology; **Donna L. Hudson,** family & community medicine: Authors, "Comparative Approaches to Medical Reasoning" (World Scientific, Singapore, 1995).

O'Shea named 1995 Presidential Fellow

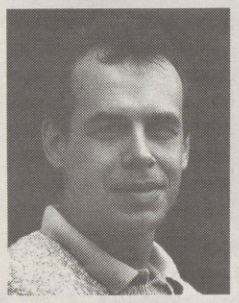
Erin K. O'Shea, an assistant professor, biochemistry and biophysics, has been chosen by President Clinton and the National Science Foundation as one of 30 1995 Presidential Faculty Fellows. The fellowship recognizes young faculty members who demonstrate excellence and promise both in scientific and engineering research and in teaching.



O'Shea

O'Shea studies gene regulation and cell cycle control, focusing on how yeast responds to starvation for essential nutrients.

Packard Fellowship goes to Stainier



Stainier

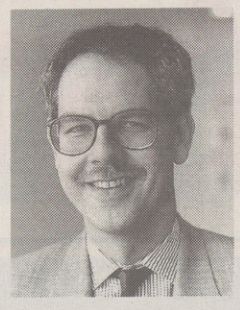
Didier Y.R. Stainier, assistant professor of biochemistry and biophysics, has received a Packard Fellowship from the David and Lucile Packard Foundation worth $100,000 a year for five years.

Stainier's research focuses on the mechanisms underlying the formation of the vertebrate heart. He uses a small tropical fish, the zebrafish, in his research because, he says, "It offers excellent embryology and accessible genetics."

Stainier plans to use the funds from the Packard fellowship to analyze several existing mutations that affect heart formation as well as to develop a more efficient method for insertional mutagenesis. Understanding the mutations that alter the heart in this model vertebrate may have implications in similar studies of the development and function of mammalian hearts.

The Packard Fellowships were established to further the work of promising young scientists and engineers, to encourage networking among these researchers and to support efforts to attract talented graduate students into univeristy research in the US.

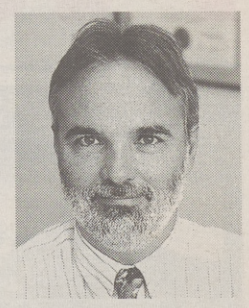
UCSF faculty win Fulbright travel grants



Friedman

Scott Friedman and Edward L. Murphy have been awarded grants by the J. William Fulbright Foreign Scholarship Board and the US Information Agency to conduct research abroad.

Friedman, an associate professor of medicine at the SFGH Liver Center Laboratory and Gastroenterology Division, currently is conducting research at the Weizmann Institute in Rehovot, Israel. He is studying the role of the tumor suppressor gene 'p53' on the growth and differentiation of liver cells. The work has relevance to normal liver function, as well as to liver cancer, which is commonly associated with mutations in the p53 gene.



Murphy

An attending physician in the SFGH AIDS Clinic, Murphy also is an assistant professor of laboratory medicine, medicine and epidemiology and biostatistics. His research, which he is conducting at the Pasteur Institute in Paris, focuses on the epidemiology of the HTLV-II virus. HTLV-II is one of a group of human retroviruses that cause neurologic disease and leukemia, but not AIDS. Murphy received a Fogarty Senior International Fellowship from NIH for the same research project.

Established in 1946 under Congressional legislation introduced by former Senator J. William Fulbright of Arkansas, the program is designed "to increase mutual understanding between the people of the United States and the people of other countries."

GI work honored

Two UCSF faculty members and two fellows have been honored for their work in the field of gastroenterology and digestive health.

Haile T. Debas, dean, School of Medicine, and the Maurice Galante Distinguished Professor of Surgery, has been elected councillor-at-large by the American Gastroenterological Association. Theodore R. Schrock, professor and interim chair, surgery, has been named secretary, American Digestive Health Foundation (ADHF).

The ADHF also presented an Astra Merck Inc. Senior Fellow Research Award to Victor Ankoma-Sey, fellow, Livery Center Laboratory, and Timothy J. Davern, fellow, GI Unit.

The ADHF, a successor of the American Gastroenterological Association (AGA) Foundation, is a cooperative effort of the AGA and the American Society for Gastrointestinal Endoscopy.

Affirmative action *(from page 1)*

gents' decision to aid that cause. "The affirmative action decision was nothing more than a fabricated political scheme," he said.

"The opponents believe that affirmative action is ineffective and an unfair means of achieving diversity. Yet I see a sea of student faces in my classes that reflect the diversity of this state. They say it compromises excellence and sets people up for failure. Well, I just don't see that." He quoted the facts: In the past four years, three out of four winners and six out of 12 nominees of the Gold-Headed Cane award, the most prestigious honor given to a graduating medical student, have been underrepresented minority students. "Show me where we have compromised excellence," he said.

> *"I see a country shackled by intolerance and injustice..."*
>
> — Neurologist Daniel Lowenstein

"Opponents say its time has passed because there now is reasonable opportunity for all. Yet, I see a country shackled by intolerance and injustice, particularly to people of color."

Co-chair of the Chancellor's Steering Committee on Diversity, Lowenstein took the crowd back to 1968, a time when the campus was a "very different place." The entering medical class of 181 students was made up of 86 percent male, 14 percent female, 1 black, 1 Latino and 11 Asians. There were no minority faculty members, in fact, only the custodial and food service jobs were glutted with minorities. "The minorities were called the 'the basement people,'" he said. "If you were a black man working on the 14th floor of the hospital you had to go to the basement to go to the bathroom. Minorities could buy their food in the Moffitt cafeteria, but they had to eat in the basement." Lowenstein said the basement people filled Cole Hall one day that year to make demands of the administration, including equal access to staff facilities and revising admissions policies. Their involvement grew into what is today the UCSF Black Caucus. "They are our campus heroes," he said.

Psychiatrist Lynn Ponton, who recently was reinstated after winning a five-year lawsuit against UC for job discrimination, took the opportunity to reaffirm affirmative action. "We need to look at what we've achieved and where we have failed. Affirmative action was never about exclusion, particularly of Caucasian males, but instead inclusion of all races," she said.

Third-year medical student Antonia Zazueta told the crowd that she is the daughter of migrant farm workers, and how different her life has been thanks to affirmative action. While her father had to go to 16 different high schools in order to graduate, she has had the opportunity to be a medical student at UCSF. She added that not all people should be assessed by the same variables. "How can we be evaluated at the same level if we haven't started at the same point?" she asked.

"I have benefited by the diverse richness of this campus," said Kevin Grumbach of Family & Community Medicine. The diversity in faculty and in the patients has made this a much more stimulating climate." Grumbach urged the crowd to "sing the notes that harmonize diversity."

Atkinson *(from page 1)*

"I don't see the change I occasionally read about. The Regents today are not that different than they were 20 years ago. They've been on a steady course pretty much with regard to policy issues, voting one way or another together...not a wide disparity." Except for their close vote on affirmative action, they have been pretty much in agreement on most issues, he said.

Changes in the Office of the President

The Office of the President had more than 1,400 employees just a few years ago. It has since been cut to a workforce of about 1,000. "We've had tremendous cutbacks and have come a long way, but maybe there should be more," Atkinson suggested. To accomplish this, Atkinson first plans to appoint a task force of business leaders, faculty and staff to examine the office's efficiency. "I see this task force as an opportunity to examine where we've come and what needs to be done," he said. "We've changed in dramatic ways, and I think at a fast rate."

As for UCOP's location on Lakeside Drive in Oakland, UC's new head said, "There is a concern that the image of this corporate tower has been a problem for the University." It's possible, he added, that the office might move to a campus location, probably Berkeley, when its current lease is up in about two years.

As former chancellor of a health sciences campus, Atkinson understands the pressures on UC's teaching hospitals given the new era of managed care. "We're probably training too many doctors," he said, "although the studies I've seen on this are fairly ambiguous. We need a national effort to get a handle on this."

The complicated future of academic medical centers is not unique to California or UC. It is true throughout the country, said Atkinson. "I think that it would be an absolute disaster if there were not special considerations given to academic medical centers. They are at the cutting edge of new medical discoveries and new biotechnology. The future of America in terms of the quality of medicine it produces and our ability to compete internationally in the biotech arena is very much dependent on the quality of our academic health centers." He added that the last thing the US can afford is to turn university academic health centers into managed care practice groups.

Similarly, Atkinson urged, the last thing the UC family should assume is that "we are coming apart at the seams." Admitting that state budget cuts and an economic downturn have resulted in lost faculty, UC still is a recognized center for excellence — as recent national surveys attest. Atkinson also recognizes the need to bring faculty salaries up to where they should be.

The Merced campus

A tidal wave of new college-age students wanting to be admitted to UC is sure to happen, said Atkinson. The question is when will that flood occur? Atkinson cited studies predicting anywhere from 16,000 to 29,000 more students by 2005. "I think we need more clarity on that," said Atkinson. "It's not that any of the studies are wrong," he explained, "it's that they are based on particular assumptions." Besides enrollment projects, the founding of a new campus also would depend on what the state can afford to support. Any decisions on the Merced campus are at least a year away.

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Deadline for the next issue, which will cover November 4-24 (three weeks), will be on **Tuesday, October 24, at 11 a.m.** Please send campus news copy to Allen Balderson (476-3163 or allen_balderson@quickmail.ucsf.edu), Medical Center news to Lisa Cisneros (476-3256 or lisa_cisneros@quickmail.ucsf.edu), and calendar and gazette items to Michele Firpo (476-3257 or michele_firpo@quickmail.ucsf.edu), all at Box 0462; fax 476-3541. Last-minute copy may be taken over the telephone by calling the above telephone numbers. The University of California is an affirmative action/equal opportunity employer. UCSF fully ascribes to the Americans with Disabilities Act. If at any time, you feel you have a need to view this communication in an alternate format, please contact Allen Balderson at 476-3163 with your suggestions.

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Prevention research is lacking

Minority groups and young gay men have high, worsening rates of HIV infection

By REBECCA HIGBEE

African Americans and Latinos account for a disproportionately large share of people with AIDS, and high rates of new infections continue among younger gay and bisexual men of all ethnic groups, according to UCSF researchers who contributed to a new congressional report on the effectiveness of AIDS prevention released the first week of October.

"Relatively little research has been directed toward prevention in these population groups," says Thomas J. Coates, director of the Center for AIDS Prevention Studies (CAPS). Coates and Barbara VanOss Marin, associate professor of epidemiology and biostatistics, contributed research to the report released by the Congressional Office of Technology Assessment (OTA).

The report calls for developing more carefully refined research methods for AIDS prevention efforts, particularly for population subgroups at high risk for HIV, such as minorities, young gay and bisexual men and injecting drug users.

"Research focusing on AIDS prevention among minority populations has lagged behind research on other groups, despite the high and worsening rate of HIV infection among African Americans and Latinos," says Marin.

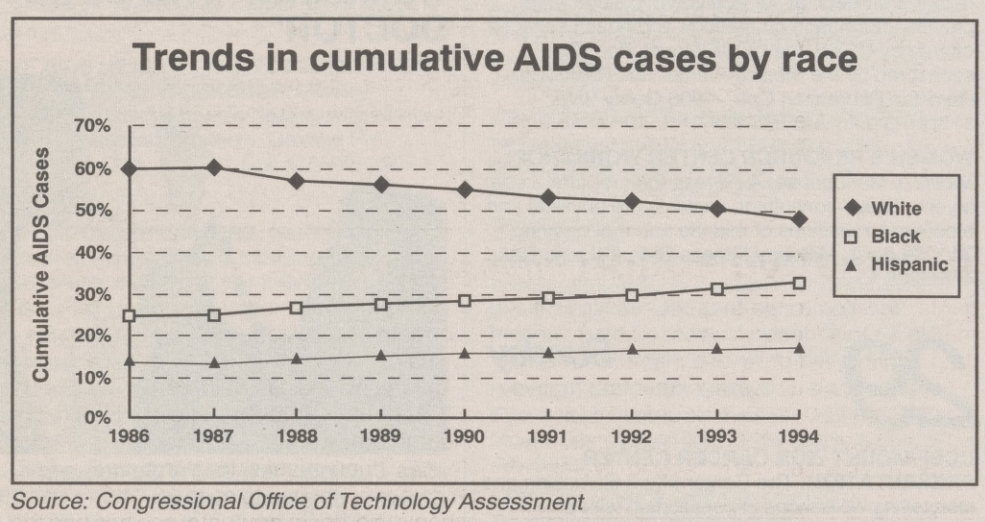
In the studies that have been published, the most successful interventions were developed through extensive preliminary work with the target population, and utilized group support as well as behavioral skills and practice — for example, teenagers "practiced" refusing to engage in unsafe behavior.

Among gay and bisexual men, carefully designed studies have demonstrated that interventions can be effective in lessening risk behavior. These interventions include small-group counseling, HIV counseling and associated testing, and community approaches, according to the report.

While there is evidence of improvement for gay and bisexual men as a whole, there continue to be high rates of new infections among younger men in this group, according to the report.

"Young gay and bisexual men are forging another wave of HIV infections," Coates says, adding that existing intervention strategies do not appear to be successful in reaching these populations.

The AIDS prevention report was one of the last to be issued by the OTA, which shut down on Sept. 29. The agency was abolished by Congress as a cost-saving measure. To receive a copy of the full OTA report, call News Services in Public Affairs at 476-2557.



Source: Congressional Office of Technology Assessment

Study looks at cholesterol, healthy women

There is no evidence to support routine treatment of high blood cholesterol in otherwise healthy women, according to a study reported in the Oct. 11 Journal of the American Medical Association by the San Francisco VA Medical Center and UCSF.

Analyzing information from nine separate studies, researchers found that lowering high levels of blood cholesterol does decrease the chance that women with known heart disease will suffer a fatal heart attack, much the same as in men. Surprisingly, however, the team also found that healthy women — whatever their age — with high blood cholesterol were no more likely to develop heart disease or die of a heart attack than healthy women whose high cholesterol levels were lowered by diet or drug treatments.

"Doctors see a lot of perfectly healthy women with high cholesterol, and our findings suggest that bringing the levels down really does not change their risk for heart disease," says Judith Walsh, a former VAMC research fellow. Walsh, an assistant professor of medicine, now directs the outpatient medical clinic at UCSF/Mount Zion Medical Center.

Most studies on the effects of lowering cholesterol have included only men, Walsh points out.

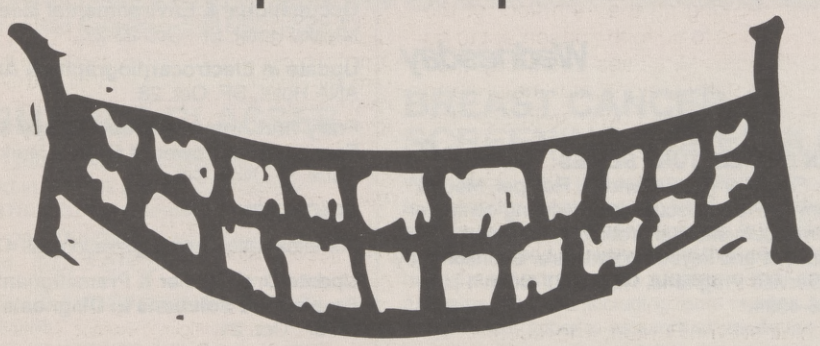
Walsh's co-author was Deborah Grady, director of the VAMC's Women Veterans Comprehensive Health Center and associate professor of epidemiology, biostatistics and medicine.

Correction

Due to an error in the source material, one piece of information printed in the last "Inside UCSF" was incorrect. The correct number of emergency room visits at VAMC was 31,274 during fiscal year 1993-94.

Inside UCSF

Too much Halloween candy may take you on an unplanned trip to the dentist



You have good reason to be afraid of Halloween. Super sticky candy can damage your dental work and you may end up contributing to the workload at UCSF's faculty dental practices. Each month, the staff at the Parnassus, Buchanan and SFGH clinics perform 266 cleanings, 99 fillings, 64 crowns and 19 root canals. Spooky! Some not-so-spooky news is that the School of Dentistry is opening a new Graduate Pediatric Dentistry Clinic where graduate dentists from the pediatric specialty program will provide dental treatment for children and adolescents. Sweet!

Source: Tim Ferris, School of Dentistry

Janet Hanson

Hall Hsu, far right, chaplain intern at the Landberg Center, outside the anatomy laboratory with a group of first-year medical students

Stressed-out students seek help at the Landberg Center for Health and Ministry

By EWA BURCHARD

Many UCSF students know that training for health science careers demands incessant studying and examinations, while threatening intellectual exhaustion.

To help students manage their stress, UCSF offers support on campus through student health services and student counseling, as well as through referrals to the nearby Landberg Center for Health and Ministry, a non-profit, interfaith organization located at St. John of God Church at Fifth Avenue and Irving Street.

The Landberg Center fills a unique niche by providing a forum that recognizes an individual's emotional and spiritual needs, and its place in the world of the health sciences.

"Acknowledging the aspects which make us human enriches our lives," says Janet Hanson, the center's executive director. "By realizing what makes them whole, students can bring their humanity more fully to the people they serve.

"In the context of competition at school, there is little room for relaying personal concerns to other people," says Hanson, an ordained reverend and counselor, who came to the Center two years ago. "The Landberg Center is a place removed from the stresses of being a student."

The idea for a support service outside the context of the professional UCSF environment was spurred by Margaret Landberg, a patient at Moffitt Hospital in 1976. After discussions with several medical students, Landberg discovered that although the students exhibited sensitivity and a sense of humanity towards patients, they said they found little time left for personal respite and reflection.

From a bequest left by Landberg, campus pastoral ministries first began serving UCSF students, faculty and staff in 1981.

Facilitated by varying numbers of seminarians, lay persons, and religious leaders seeking clinical pastoral education, the Center offers many services including individual counseling, stress reduction workshops, brown bag lectures, a women's spirituality group, anatomy lab ministry and an elective course on spirituality and healing.

Although the Center is not officially affiliated with UCSF, Hanson and associates work with the UCSF campus by providing co-sponsored activities.

Confidential counseling is an important feature of the Center as many students are reluctant to seek help because of the stigma associated with it.

Besides UCSF referrals to the center, Hanson reaches out to students by attending first-day orientations at each of the four schools to introduce the center and its facilities. These outreach efforts have been successful: 621 individuals came to the Center for a total of 3,008 hours between 1989 and 1994.

Third-year medical student Sung Lee learned about the Center during his first semester of medical school in the anatomy labs where a Center chaplain addressed students' ethical concerns about working with cadavers.

"Landberg folks are able to help us keep in mind the human perspective and remind us that we can not always rely on scientific objectivity," says Lee. "They do this in a very non-preachy way."

"For some students cadaver dissection may be their first encounter with death," Hanson says. "We try to set the context for openness and recognition of personal feelings."

At the end of the semester course, chaplains hold a thanksgiving and memorial service to commemorate individuals who have donated their bodies to science and research. "This gives students a chance to reflect upon their involvement with cadavers and to bring their experience to a closure," says Hanson.

Realizing humanity as an essential element for becoming a physician, Lee chose to continue learning about spirituality by taking an elective called the "Healer's Art" co-sponsored by the Center. "The class allows us to acknowledge our fears while getting a sense of what other students are going through too," says Lee, now the course student coordinator.

Lee likens the class curriculum to survival skills for the emotional and personal concerns a student might experience in medical school. The fear of losing heart remains high.

"We have to put on severe masks and look through cold eyes to deal with the human suffering we see," says Lee, who also is on the Center's board of directors. "That's the nature of medical school but it doesn't mean you can't be conscientious about your life."

For further information on the Landberg Center, call 564-3515.

Ewa Burchard is a freelance writer interning at UCSF's Public Affairs Department and a senior at UC Santa Cruz, where she is a biology major.

A PLACE FOR RESPITE, REFLECTION, REFOCUSING

Other services available

In addition to the Landberg Center for Health and Ministry, the following services are available to students who need help in managing stressful issues:

- Psychological & Counseling Services, Student Health Service, 476-1281
- Faculty, Staff & Student Assistance Program, 476-8279

Today/Tomorrow

GAY & LESBIAN HISTORY MONTH EVENTS

UCSF continues to celebrate Gay & Lesbian History Month with these events sponsored by Gay Lesbian Bisexual Assn. at UCSF and the Lesbian Gay Bisexual Student Assn. at UCSF. Call 415/282-9650 for details.*

- Tues., Oct. 24: *"Forbidden Love."* Documentary about Canadian lesbians and how lesbian pulp fiction novels of the 1950s and '60s touched their lives. N 225. 6 p.m. Followed by discussion.
- Fri., Oct. 27: *Halloween Costume Dance Party.* To wrap up the month's celebration come enjoy music and dancing and maybe win a prize! $2 students/$3 UCSF staff & faculty/$4 general public. Two free drinks with admission. Millberry Conf. Cntr. 7 p.m.-midnight.

21 Saturday

BASKETBALL TOURNEY SIGN-UPS EXTENDED

The deadline for entering the first-ever UCSF/USF basketball tournament has been extended to Tues., Oct. 24. Staff, faculty and students are invited to organize teams and join the competition on Sat. & Sun., Oct. 28 & 29. Separate divisions for teams with different skill levels. All games will be played at the Koret Recreation Center at USF. Call Alan Tower at 476-0356 for information and an entry form.

RAPE PREVENTION EDUCATION PROGRAM WORKSHOP: *Safe, Strong & Streetwise: Self-Defense and Assertiveness for Girls & Young Women.* Ages 8-11 on Oct. 21, ages 12-16 on Nov. 11. $25 UCSF affilitates/$40 general public. Studio 2, Millberry Fitness Cntr. 1:30-5:30 p.m. Call 476-5222.*

PHARMACY AWARENESS

The Past, Present & Future of Pharmacy. Learn more about the profession of pharmacy and its evolution, over-the-counter drugs and the risks of smoking and chewing tobacco. Blood pressure and other screenings available. Sponsored by UCSF Academy of Students of Pharmacy. Academy of Sciences, Golden Gate Park. Noon-5 p.m.*

22 Sunday

RACE FOR THE CURE

Join the UCSF team for this 5K run and one-mile walk to raise money for breast cancer research. Co-sponsored by UCSF/Mount Zion Cancer Cntr. and Komen Foundation. Sharon Meadow, Golden Gate Park. Registration: 7 a.m. Race begins: 8:30 a.m. Call 284-9493 to register by phone and for information.*

23 Monday

UCSF & SF MEDICAL GROUPS/HEALTH NET PRESENTATION: *Stress Management.* Improve your ability to cope by managing your response to stress. Free for Health Net, UCSF & SF Medical group members/$24 Millberry members & UCSF students/$29 UCSF employees/$34 general public. Millberry Fitness Cntr. 6-9 p.m. Call 476-0373.*

THE NEXT DEADLINE

Tues., Oct 24, 1995 is the deadline for items to be listed in the next calendar, which covers **Nov. 4-24, 1995** (three weeks). Complete information must be received in our office in writing by 11 a.m. on that Tuesday. Mail your copy to Michele Firpo at Box 0462, e-mail it to michele_firpo@quickmail.ucsf.edu, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St., Suite 103 or call 476-3257. To submit articles for Newsbreak, e-mail information to Allen Balderson at allen_balderson@quickmail.ucsf.edu, fax it to 476-3541 or call 476-3163. To submit articles for Medsounds or page 6, e-mail them to Lisa Cisneros at lisa_cisneros@quickmail.ucsf.edu, fax it to 476-3541 or call 476-3256.

*Open to the public.

24 Tuesday

MEDICARE & MANAGED CARE LECTURE

Choosing a Doctor and *Understanding Medicare Managed Care.* Two free lectures by Marie Johnson, Lakeside Senior Med. Cntr., & Michele O'Rourke, UCSF Integrated Practice Office. Sponsored by Med. Cntr. Planning & Marketing. Lakeside Senior Med. Cntr., 2501 Ocean Ave. 2-4 p.m Call 885-3762.*

25 Wednesday

EMPLOYEE COMMUNITY CAMPAIGN BEGINS

(See item in Upcoming Events on page 5.)

BROWN BAG LECTURE SERIES: *From Urban Trauma to Natural Disasters.* Daniel S. Weiss, Post Traumatic Stress Disorder Prog., VAMC, discusses common reactions to trauma and how to cope. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 476-4394.*

GOSPEL CHOIR CONCERT

(See item in Fun Zone on page 6.)

AFFIRMATIVE ACTION FORUM

Affirmative Action: How Does It Affect Our Community? Daniel H. Lowenstein, Neuro., in a panel discussion to benefit The Auxiliary at UCSF/Mount Zion and Mount Zoin Health Systems. $18. Metropolitan Club, 640 Sutter. No-host cocktail hour: 5:45 p.m. Program begins: 6:30 p.m. Call 885-7354.*

26 Thursday

TAY-SACHS SCREENING FOR PREGNANT COUPLES: Sponsored by Reproductive Genetics Clinic, and part of Calif. Tay-Sachs Disease Prev. Prog. Suite 810, 350 Parnassus. Opens 9 a.m. Call 476-4080.*

WOMEN'S RESOURCE CENTER PRESENTATION: *Private Investigation in Theory & Practice.* Mimi Kochuba, Kochuba Raskin Private Investigators, explains how to discover a significant other's financial situation, whether he/she is having an affair and how to locate "deadbeat dads." Toland Hall. Noon-1 p.m. Call 476-5222.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *The Net.* UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 8 p.m. (Movies subject to change.) Call 476-2542.*

UCSF & SF MEDICAL GROUPS/HEALTH NET PRESENTATION: *FIT Talk.* Learn about the three components of a well-rounded exercise program. Free for Health Net, UCSF & SF Medical group members/$8 all others. Millberry Fitness Cntr. 6-7 p.m. Call 476-0373 for locations.

27 Friday

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Healing Childhood Wounds as a Spiritual Path.* Barbara Una Stannard explains that only by going through the painful feelings we suppressed in childhood can we reach our full spirituality. N 721. Noon. Call 330-5353.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *The Net.* UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 8:45 p.m. (Movies subject to change.) Call 476-2542.*

WINE & UNWIND

Taste some of the finest wines from Mendocino County, meet celebrity wine pourers, including 49er Keena Turner, and bid for getaway specials at this benefit for Family House. Sponsored by Mendocino Winegrowers Alliance. Fort Mason Conf. Cntr., Marina & Buchanan. 6-9 p.m. Call 476-8321.*

POETRY READING

(See item in Fun Zone on page 6.)

28 Saturday

STROKE PROGRAM

Stroke specialists, nutritionists and education professionals present this program about stroke, including details about causes, research, diet and risk factors. Sponsored by UCSF/Mount Zion Cntr. on Aging & UCSF Stroke Service. 8:30 a.m.-12:30 p.m. Call 750-5342 to reserve a space.*

HALLOWEEN HEALTH FAIR FOR KIDS & ADULTS

UCSF health experts perform blood pressure and diabetes screenings for adults and children and provide information on nutrition and health services offered by UCSF and UCSF/Mount Zion. Co-sponsored by the Medical Center and PacifiCare. Hamilton Recreation Cntr., 1900 Geary Blvd. 11 a.m.-3 p.m. Call 885-7777.*

WOMEN'S RESOURCE CENTER WORKSHOP: *Midlife & Menopause: A Fitness Plan for LIfe.* Leore Myers, fitness consultant, explains the physical and emotional transitions of mid-life and menopause. $40. Studio 2, Millberry Fitness Cntr. 2-5 p.m. Call 476-5222.*

29 Sunday

UCSF/MOUNT ZION CANCER CENTER PRESENTATION: The Center offers tilemaking and storytelling workshops in conjunction with a discussion group for women at high risk for cancer. UCSF/Mount Zion Cancer Cntr. Healing Garden & Resource Cntr., 2356 Sutter. 3-5 p.m. Call 476-5555.*

30 Monday

KABRA LECTURESHIP

Deciphering Human Heredity: Toward Molecular Medicine of the 21st Century. Leroy E. Hood, Mol. Biotech., U Washington, Seattle. Pokar Kabra Lectureship sponsored by Lab. Med. Cole Hall. 3:30-5 p.m. Followed by reception.*

31 Tuesday

NEW EMPLOYEE BENEFITS ORIENTATION: S 214. 8:30-10:30 a.m. Call Lenard Florendo at 476-1073 to schedule.

HALLOWEEN FESTIVALS

(See item in Fun Zone on page 6.)

BLOOD GLUCOSE TESTS

UCSF Pharmacy students are offering free blood glucose screenings on Tues., Oct. 31 & Wed., Nov. 1. Sponsored by Diabetes Screening Project, Academy of Students of Pharmacy & ASUCSF. Near Cole Hall. Noon - 2 p.m.

1 Wednesday

BROWN BAG LECTURE SERIES: *Your Work Station: Friend or Foe?* David M. Rempel, Med. & Ergonomics Prog., discusses preventing computer-related musculo-skeletal problems, designing ideal work stations and keyboard software. Sponsored by Public Service Programs. HSW 300. Noon-1 p.m. Call 476-4394.*

2 Thursday

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Apollo 13.* UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 8:30 p.m. (Movies subject to change.) Call 476-2542.*

3 Friday

INSTITUTE OF HEALING ARTS & SCIENCES PRESENTATION: *Health & Regeneration Through Living Foods.* Chrisopher Cogswell explains how high enzymes, high nutrition and highly assimilable foods can aid health and healing. N 721. Noon. Call 330-5353.*

ART FOR LUNCH

UCSF staff, faculty and students may take docent-led tours of "FACING EDEN: 100 Years of Landscape Art in the Bay Area," the current exhibit at the de Young Museum, on Fri., Nov. 3, 10 & 17. The exhibit features works by Ansel Adams, Wayne Thiebaud, Richard Diebenkorn and others. Transportation provided from Parnassus campus. Sponsored by Millberry Arts & Performances. $7. Noon. Call 476-6761 well in advance to reserve a space in the van.

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Apollo 13.* UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 9:15 p.m. (Movies subject to change.) Call 476-2542.*

COME SEE "THE GOOD DOCTOR"

Mike Cuyugan, left, as the Sexton and Christina Gaglio as Kuryatin

(See item in Fun Zone on page 6.)*

DEVELOPMENT & TRAINING

For further information call 476-4032.

Travel Expense Processing. Wed., Oct. 25. 1-4 p.m. $40.

General Ledger & Accounting. Tues., Oct. 31. 9 a.m.-4:30 p.m. $50.

The UCSF Budget Process. Tues., Nov. 7. 9 a.m.-4:30 p.m. $40.

Supervising in the Workplace: Administering Consistent & Appropriate Discipline. Wed., Nov. 8. 8:30 a.m.-noon. $40.

Payroll Workshop. Wed., Nov. 8. 12:30-4:30 p.m. $40.

Strategies for Salary Setting. Tues., Nov. 14. 9 a.m.-noon. $40.

Productive Communication for Managers & Supervisors. Wed., Nov. 15. 9 a.m.-3 p.m. $80.

Cost Transfers. Tues., Nov. 21. 9 a.m.-noon. $40.

Business Writing Basics. Tues. & Thurs., Nov. 28, 30, Dec. 5 & 7. 10 a.m.-1 p.m. $100.

Writing Job Descriptions & Understanding Classification Concepts. Wed., Nov. 29. 8:30 a.m.-12:30 p.m. $40.

CONTINUING EDUCATION

MEDICINE

For program information call 476-4251. To register call 476-5808 unless otherwise noted.

Occupational & Environmental Medicine V. Miyako Hotel, SF. Oct. 23-27.

Update in Electrocardiography & Arrhythmias. ANA Hotel, SF. Oct. 28.

Forty-first Annual Group Therapy Symposium: Focus on the Power of Group. Mark Hopkins Hotel, SF. Nov. 3-5.

DENTISTRY

For information and registration call 476-1101.

Update Oral Cancer & Premalignant Lesions: Problems & Solutions in Diagnosis & Treatment. UCSF. Oct. 21.

Restoring Teeth: Guidelines for the Year 2000. UCSF. Oct. 28.

Oral Health Products for Home Use: What Should You Recommend? UCSF. Nov. 4.

Cleft Palate Care for the '90s. UCSF Laurel Heights. Nov. 11.

Contemporary Complete Dentures. UCSF. Nov. 17.

Oct. 21-Nov. 3, 1995

REGULAR MEETINGS & ONGOING SUPPORT GROUPS

SATURDAYS

HEALING GARDEN WORKING DAYS: Second & fourth Saturdays of month. UCSF/Mount Zion Cancer Center Healing Garden, 2356 Sutter. Call 415/885-3693.*

MONDAYS

DROP-IN SUPPORT GROUP FOR WOMEN LIVING WITH HIV/AIDS: Free child care and beverages provided. A 45. 11 a.m.-1 p.m. Call 415/476-2417 or 415/476-7795.*

HEALTH PROFESSIONALS IN RECOVERY: For physicians, nurses, dentists, pharmacists, PhDs and others. Anonymous meeting with 12-step emphasis. Meets bi-monthly. 11:30 a.m.-12:30 p.m. Call 415/476-8279.

UCSF STAFF COUNCIL MEETING: Second Monday of month. Noon-2 p.m. Call 415/476-5756.

FRIENDS OF LOIS AL-ANON MEETING: Closed meeting: for friends & families of alcoholics only. Conf. Rm. A, 3rd fl., MCB. Noon. Call 415/626-5633.*

COLORECTAL CANCER SUPPORT GROUP: Second and fourth Mondays of month. Reservations must be made at 415/929-7114. UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30 p.m.*

UCSF AIDS HEALTH PROJECT MEDITATION & SELF-HYPNOSIS WORKSHOP: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Rm., Davies Med. Cntr. 7-9 p.m. Call 415/476-3902.*

TUESDAYS

SFGH CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF/SFGH. Meets monthly at noon. Call 415/476-5222.

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Help-line at 415/759-7923 provided daily, 7 a.m.-10 p.m.*

CAMPUS AMNESTY INTERNATIONAL MEETING: First Tuesday of the month. MU 111W. Noon-1 p.m. Call 415/566-8406.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at MCB. Noon. Call 415/476-6761.*

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP: For people with Parkinson's & their caregivers. Third Tuesday of month. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 415/476-9276.*

BREAST CANCER SUPPORT GROUP: For women diagnosed or being treated at UCSF/Mount Zion or UCSF/Parnassus. UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 5:30-7 p.m. Pre-registration necessary. Call 415/885-3693 or 415/388-3742.*

NURSES' PAIN ASSOCIATION MEETING. Second Tuesday of month. C 254. 5:30-7:30 p.m.*

BRAIN TUMOR SUPPORT GROUP: First Tuesday of month. C 130. 7:30-9 p.m. Call 415/284-0208.*

WEDNESDAYS

GAY, LESBIAN, BISEXUAL ASSOCIATION AT UCSF MEETING: Second Wednesday of month. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues will be present. Call 415/282-9650 for more information.

SUPPORT GROUP FOR FAMILY/FRIENDS OF THOSE WITH MENTAL ILLNESS: Open to anyone interested in learning more about psychiatric disorders & their treatments. Call Laura Deering-Mayclin at 415/476-7394.*

LATIN AMERICAN CAMPUS ASSOCIATION MEETING: Second Wednesday of month. HSW 508. Noon. Call Lucia DeLeon at 415/476-2010.

LATIN WOMEN COALITION: For Latina faculty, staff & students. Noon-1 p.m. Call Betty Jerez at 415/476-7117.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 415/626-5633.*

T'AI CHI CLASSES. UCSF/Mount Zion Cancer Cntr. Healing Garden, 2356 Sutter. Noon. 415/885-3693.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. Conf. Rm. 3, 1st fl., MCB. 12:05 p.m. Call 415/621-1326.*

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Help-line also provided daily, 7 a.m.-10 p.m. at 415/759-7923.*

CANCER SUPPORT GROUP — FAMILY MEMBERS: First & third Wednesdays of month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 4:30-6 p.m. Call 415/885-3693.*

BREAST CANCER SUPPORT GROUP: J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30 p.m. Call 415/885-3693.*

EATING DISORDERS SUPPORT GROUP: Open to anyone dealing with an eating disorder in themselves or others. M 688. 7-8:30 p.m. Call 415/332-3425.*

CO-DEPENDENTS ANONYMOUS MEETING: A twelve-step program for people who have dysfunctional relationships. LPPI A119. 8-9:30 p.m. Call 415/432-3529.*

THURSDAYS

AWAKE MEETING: AWAKE (alert, well and keeping energetic) is a support and education group for people with sleep apnea and their families. Third Thursday of month. Bring CPAP equipment for check-up. Call 415/885-7886.*

CANCER SUPPORT GROUP — PATIENTS: First & third Thursdays of month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. Call 415/885-3693.*

LESBIAN LUNCH GROUP: Monthly on Thursdays. Call 415/476-8410.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at Parnassus. Noon. Call 415/476-6761.*

HEAD & NECK CANCER SURGERY SUPPORT GROUPS: Separate groups for patients and patients' families meet simultaneously on the second and fourth Thursdays of each month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 1-2 p.m. Call 415/885-7623.*

PARNASSUS PLAYERS: UCSF's theater group meets regularly. Production of Neil Simon's "The Good Doctor" in progress. Call 415/476-6761 or 415/476-9012 (day) or 415/821-5701 (evening).*

ASSOCIATION OF CLINICAL RESEARCH NURSES MEETING: Meets every other month, alternating between UCSF & Stanford. 5:45-7:30 p.m. Call 415/476-0683.*

SUPPORT GROUP FOR WOMEN LIVING WITH LIFE-ALTERING ILLNESS: Alternate Thursdays. 6-8 p.m. Call 415/775-2854 to preregister.*

FRIDAYS

CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF. Second & third Fridays of month. Noon-1 p.m. C 254. Call 415/476-0589.

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. C 417. 12:10-1 p.m. Call 415/621-1326.*

LAKESIDE SENIOR MEDICAL CENTER CAREGIVER SUPPORT GROUP: First Friday of month. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call Edith Kaplan at 415/986-2305.*

For information on 12-step and support groups (other than AA and Al-Anon), call the Mental Health Association of San Francisco at 415/921-4044.*

INFORMATICS CLASSES

The UCSF Library offers the following free classes held in S 165A (EC) or 222 Library (LC). Call 476-2337 for a complete schedule.

- Fri., Oct. 20: *The GDB Human Genome Database.* (EC) 2-4:00 p.m.
- Mon., Oct. 23: *Introduction to the Internet.* (LC). 2-3 p.m.
- Mon., Oct. 23: *MELVYL® Databases.* (EC) 3-5 p.m.
- Thurs., Oct. 26: *Medline Plus II: Advanced.* (EC). 10 a.m.-noon.
- Thurs., Oct. 26: *PsychINFO.* (LC). 10 a.m.-noon.
- Thurs., Oct. 26: *ENDNOTE® for the Mac.* (EC). 6-8 p.m.
- Tues., Oct. 31: *FTP.* (EC). 11 a.m.-noon.

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physician to have the mammogram, in addition to their doctor's full name, address (including room number & zip) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $65. To make an appointment call 476-2193 between 9 a.m. and 3 p.m.*

VOLUNTEER PROGRAMS

Programs to acquaint prospective volunteers at the Medical Center are offered regularly by Volunteer Services. For orientations at UCSF/Parnassus, please call 476-1196. For orientations at UCSF/Mount Zion, call 885-7353.

Upcoming Events

Ways to win in Employee Community Campaign

Virtually everyone enjoys winning. During the 1995 UCSF Employee Community Campaign (formerly known as the United Way Campaign), employees will be given several opportunities to do just that.

The campus will kick off its annual fund-raising campaign on Wednesday, Oct. 25, from noon to 2 p.m., with a fair at the Millberry Conference Center highlighting the good work of some local agencies. A mini-raffle will be held that day, and you'll learn where you can earmark your donation.

Those employees who return their Employee Community pledge forms with a minimum donation of $24 to Payroll before Monday, Nov. 14, will be eligible for a large campus-wide raffle drawing. The grand prize is a Dell 450C Notebook Computer, including a dual scan with color. Other raffle prizes have been donated by Carousel Classics Boutique of Pacifica, The Clift Hotel, Emporio Armani, Gumps, Nordstrom, Park Hyatt, St. Francis Hotel, Silverado Country Club & Resort of Napa, Tortola Restaurant, You See Flowers, Millberry Fitness Center, Reprographics, the School of Dentistry and UCSF faculty and staff.

The drawing will be held on Thursday, Nov. 16, at a wine tasting fund-raiser at the Faculty Alumni House. Tickets to this event will be sold at all EMPACT! Halloween parties and through Public Affairs, which will send out tickets to those who call 476-0729. (You need not be present to win.)

You may not end up with a raffle prize in hand, but by donating to the Employee Community Campaign you will feel better about yourself for helping people in need.

As just one example of what a modest amount of money can accomplish, a donation of $5 a month over the course of one year, you could be providing one day of refuge, food, clothing, diapers, and counseling for a mother and her children who are the victims of family violence through Casa de las Madres.

Employees should receive their Employee Community Campaign donation packet through campus mail by Monday, Oct. 23. As an inspiration, top administrators all across the campus already have given the campaign almost $20,000. For more information on the campaign, call Katherine Riordan at Public Affairs at 476-0729.

Durable Power of Attorney workshop

The Women's Resource Center will offer a workshop on how to execute a Durable Power of Attorney for Health Care on Saturday, Nov. 4, from 10 a.m. to 1:30 p.m. in Room C 130.

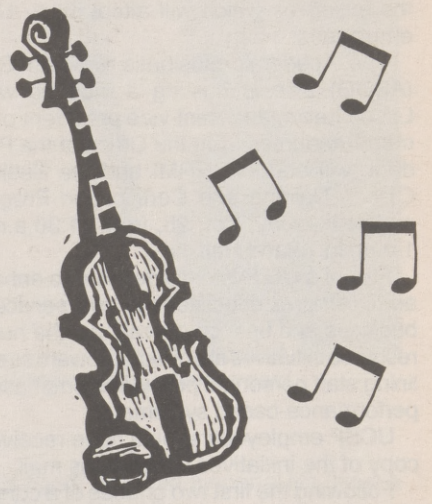
Attorney Brook Radelfinger, who specializes in estate planning and family law, will explain the uses of the document, and will help participants prepare their own statutory or customized Durable Power of Attorney for Health Care. The document is a way for non-married partners to participate in the medical care of their loved ones and to prevent the tragic consequences that can arise when people fail to give their physician written instructions for care in the event of an incurable injury, illness or coma. Women and men are welcome. Cost is $45 per person, which includes a statutory durable power of attorney document. Pre-register by calling 476-5222.

A reading with author Ginu Kamani

Author Ginu Kamani will read and discuss her book, Junglee Girl, on Thursday, Nov. 9, from noon to 1 p.m. in Toland Hall.

In the 11 short stories of Junglee Girl, (a term for wild and uncontrollable women) Kamani examines the complex erotic natures of Indian women, a subject uncharted by South Asian writers. Kamani came to the US from Bombay when she was 14. In 1987, she returned to Bombay for three years to work in film production, then came back to the US to pursue writing full-time. This event is sponsored by the Women's Resource Center.

Tomkins talk, concert



The Department of Biochemistry and Biophysics hosts the 20th anniversary of the Gordon Tomkins Lecture and Concert on Friday, Nov. 10, from 3 to 5 p.m. in Cole Hall.

The Tomkins Lecturer this year is Linda Schele, a noted archaeologist and linguist at the University of Texas, Austin, who is a leading decipherer of the Mayan hieroglyphic code. Her talk will be preceded by violinist Stuart Canin and pianist Paul Hersh, who will perform Beethoven's "Kreutzer" Sonata for Violin and Piano. Hersh and Canin will be joined by viola player Leslie Tomkins and celloist Tanya Tomkins to perform the last movement of the Brahms Piano Quartet in G Minor.

The concert and lecture are open to the public and will be followed by a reception at the Faculty Alumni House from 5 to 7 p.m. Seating is limited in Cole Hall, but closed circuit television viewing will be available in HSW 300 and in Carr Auditorium at SFGH. For more information, call Kathleen Raneses at 502-5141.

Self-defense class

The Rape Prevention Education Program sponsors a self-defense class for girls on Saturday, Nov. 11, from 1:30 to 5:30 p.m. at the Millberry Fitness Center, Studio 2.

Taught by Nina Haft, a certified self-defense instructor and rape crisis counselor, this class for ages 10 to 16 introduces a broad range of self-defense strategies including awareness, assertiveness and basic physical fighting skills. The emphasis is on building confidence and learning basic blocking, releases, strikes and ground fighting techniques. Cost for the class is $25 for UCSF affiliates and $40 for the general public. Pre-registration is required by calling 476-5222.

Student career forum

The Graduate Division Alumni Association is holding a student career forum and dinner on Wednesday, Nov. 15, from 6 to 9 p.m., at the Faculty Alumni House, 745 Parnassus Ave.

Students in Pharmaceutical Chemistry, Pharmacology, Biomedical Sciences and Physical Therapy will have an opportunity to meet with alumni in an informal setting to discuss student questions about career opportunities after graduation. Alumni will provide information about their work environments and their own career paths outside of academia. The Graduate Division Alumni Association will provide dinner. To attend the forum, call Sally Soper, Alumni Affairs Office, at 476-9158 by Friday, Nov. 10.

Aggeler lecturer to speak Nov. 20 and 21

The 26th annual Paul M. Aggeler Lecturer is Neal S. Young, chief of the hematology branch of the National Heart, Lung and Blood Institute, National Institutes of Health.

Young will give a lecture entitled, "B19 Parviovirus and Its Diseases" on Monday, Nov. 20, from noon to 1:30 p.m. in Toland Hall.

On Tuesday, Nov. 21, from 11:30 a.m. to 12:30 p.m., Young will discuss "Aplastic Anemia: Pathophysiology and Treatment," in Carr Auditorium at SFGH.

Recognized throughout the world as one of the foremost authorities in the field of coagulation, the late Aggeler served as chief of hematology at SFGH for many years. For more information on the lectures, call 206-8573.

Meetings to talk about UC plan on personnel policies

UCSF employees will have a chance to discuss the final proposed changes to personnel policies under the Human Resources Management Initiatives (HRMI) at a town hall meeting slated for Monday, Nov. 6, from noon to 1:30 p.m. in Cole Hall.

Vice Chancellor Steve Barclay, Randy Lopez, director of Human Resources, and Mike Adams, director of Affirmative Action/EOP, will discuss and answer questions about the initiatives which will affect many UCSF employees.

The Academic Business Officers Group (ABOG) also is hosting a meeting where Lubbe Levin, assistant vice president of Human Resources from the Office of the President, will address HRMI and the Business Officer Training and Certification Program, on Wednesday, Oct. 25, from 11:30 a.m. to 1 p.m. in Toland Hall.

Part of a UC Systemwide effort to enhance administrative effectiveness and services in business and finance operations, the human resource initiatives are directed toward streamlining staff personnel policy and emphasizing performance-based systems.

UCSF employees should have received a copy of the initiatives via campus mail.

Following the first two phases of a continuing series of Universitywide consultations on the initiatives, this is the final period of formal review for UCSF employees, who are urged to comment on the plan by e-mail to TELLHR (tellhr@ucsfvm.ucsf.edu).

Some of the measures under consideration include reducing the current four-tier personnel system into one program with two distinct categories of "Professional and Support Staff" and "Managers and Senior Professionals." It is expected that the proposed redesign would be less complicated and easier to administer than the current system.

A proposed change in the way employees would be compensated would supplement merit awards with non-salary-based-building cash incentives. Funding for the cash incentives will not necessarily be set aside every year, as allocations will depend on UC's budget status and other factors. And while these cash awards will not be included as "covered compensation" in the UCRP retirement benefit formula, high-achieving employees have the potential to earn more in a particular year by receiving a merit raise plus incentive pay, according to UCOP Human Resources. Employees who receive cash awards may increase their contributions to the 403(b) program or other savings programs so that net retirement income will grow.

Body, mind benefit by walking correctly

By MICHELE FIRPO

You may think you know how to walk, but "dynamic walker" Judy Hofmann may convince you otherwise.

Hofmann, a nurse in Ob/Gyn and an instructor at Millberry Fitness Center and the Dynamic Walking Institute in Corte Madera, will present a free Brown Bag Lecture entitled, "Dynamic Health in Motion" at noon on Thursday, Nov. 16, in Rm. 125 at MCB.

Dynamic walking is a movement technique based on research of dance and exercise systems from around the world. "It's great for people trying to lose weight, keep in shape and for those with arthritis," says Hofmann. "It helps athletes suffering from injuries, especially those with knee and hip problems."

The technique focuses on three basic principles:

- aligning the posture correctly,
- decompressing (or lifting) the spine, and
- retraining the psoas muscle, a flexor deep in the hip structure, to properly initiate leg movement.

Practicing the technique to make a few simple postural changes can increase confidence, relieve foot pain, tone the stomach, tighten the waist and, whether you need it or not, Hofmann says, enlarge the chest.

When the bones are properly aligned the muscles don't have to work as hard to move the body, thereby allowing more efficient and less painful movement, she explains. "The muscle system is designed to move you through space without pain," Hofmann says.

Judy Hofmann demonstrates the dynamic walking techinique.

Using videotape and live demonstration to show people walking, speed walking, cycling and hiking in the typical way, followed by the same activities practicing dynamic walking methods, Hofmann shows how improved posture makes it easier to breathe, walk uphill and walk downhill without taking a toll on the knees.

To change the minds of hard-core athletes who believe walking isn't real exercise, Hofmann tells her own story. She had been a runner and thought her knees were damaged to the point that she would never run again. Despite her "athlete's ego," she started the program, adopted the postural changes, then the stretching and walking techniques, and eventually walking became pain-free. She can run again, and quickly pointed out that when she ran the Bay to Breakers this year using a combination of dynamic walking and running, she beat her time of five years ago by five minutes. "I was actually walking faster than many people were running."

Open enrollment begins Nov. 1 with telephone service

This year's open enrollment period is Wednesday, Nov. 1, through Thursday, Nov. 30.

As part of a continuing effort to give employees the tools they need to understand and manage their benefits, Employee Benefits Plan Administration has introduced an automated telephone service, bencom. Bencom will provide benefits information and can be used to perform open enrollment transactions for eligible employees. To use bencom, call 1-800-493-4833 from a touch-tone phone and make choices from a menu of options.

With bencom, callers can listen to benefit plan changes and premium rates for 1996, review current enrollments and find out the schedule for open enrollment meetings to be held at various campus sites (see schedule below). Employees who use bencom will not have to complete enrollment forms and will be provided with a confirmation letter or fax of the choices selected.

Bencom also will provide information on benefits-related topics such as definitions of common benefits terms, benefit plan rules and regulations and carrier phone numbers. (For retirement and savings plan balances, call UC Customer Service in Oakland at 1-800-888-8267.)

An open enrollment meeting will be held with representatives from each of the medical plan carriers, including PacifiCare, an HMO being offered for the first time to UC employees in Northern California, as well as dental, optical and legal plan carriers to answer questions at the Millberry Conference Center on Tuesday, Nov. 14, from 7:30 a.m. to 3 p.m.

Open enrollment meetings with staff from the Campus Benefits Office will be held from noon to 1:15 p.m. unless otherwise specified. Meetings are as follows: Wednesday, Nov. 1, at MCB, Room 125; Friday, Nov. 3, in Carr Auditorium at SFGH; Tuesday, Nov. 7, at the VAMC, 203 3rd floor, 3-B-66; Wednesday, Nov. 8, at Toland Hall; Thursday, Nov. 9, at Mount Zion, Hellman Conference Room; Friday, Nov. 10, and Monday, Nov. 13, at Toland Hall; Wednesday, Nov. 15, at HSW 302 and from 5:15 to 6:15 p.m. in Toland Hall and Thursday, Nov. 16, from 1:30 to 2:30 p.m. at Oyster Point.

Support group for handling holidays

David Jull-Johnson, PhD, of the Behavioral Medicine Unit, will be offering a support group to help people who get irritable or sad during the holiday season, a stressful period for many. It will meet on Fridays Nov. 3 through Jan. 12, from 5:30 to 7:30 p.m.

Holiday stresses are a common difficulty as people try to work, take care of families and prepare for seasonal activities. They may feel they are supposed to be happy, buy presents, and spend time with others. The pressure to celebrate while having job, financial or family difficulties creates a sense of irritability, depression and isolation. Some people worry that others do not feel this way and will not understand. The holiday blues differ from clinical depression, as described in a story on page 8.

All coverage or self-pay is welcome. Please call Johnson at 476-6100, ext. 41887 for more information about the group.

Entertainment books for sale

The Hospitals Auxiliary is now selling Entertainment books filled with two-for-one and discount coupons on dining, movies, theater, sports, hotels, travel, etc.

Sales of the books will benefit amenities for patients of the UCSF Medical Center. The coupon books can be purchased at The Hospitals Auxiliary located at L176, The Beartique in the Moffitt Lobby or by mail order by calling 476-4906. Several editions are available.

Fun Zone

Gospel Choir sings

UCSF Arts & Performances presents The Gospel Choir at UCSF in their fall concert, "Make A Joyful Noise" on Wednesday, Oct. 25, at 6 p.m. in Cole Hall.

The evening will feature the sounds of the choir under the direction of Jeffrey Williams with guest artist Minister Greg Hunter. Williams serves as director of both the campus choir and the Olivet Institutional Baptist Church. Hunter is currently a minister at that church and is a prolific songwriter. Tickets, which can be purchased at the door, are $3 for students and seniors and $5 for the general public.

Poetry and jazz

Spend an evening of poetry and jazz celebrating the "Beat Generation" hosted by published poet David Watts, a faculty member in the Department of Medicine, on Friday, Oct. 27, at 7 p.m. in the Courtyard Cafe, located off Saunders Court on Parnassus. The evening will feature music by The Doctor's Jazz Ensemble and readings by poets Neeli Cherkovski, Jack Foley, Adelle Foley and Dawn McGuire.

Halloween festivals

Pumpkin-carving and costume contests are part of the 10th annual Halloween Carnival featuring music by Expo slated for Tuesday, Oct. 31, at noon at Saunders Court on the Parnassus campus.

Halloween contests are happening at all UCSF sites the same day. At MCB, Halloween festivities begin at noon in the courtyard. At Laurel Heights, the fun starts at 11:30 a.m. in the courtyard. Spaghetti lunch will be on sale at Laurel Heights for $4 for pre-order and $5 at the door. SFGH employees can gather for tricks 'n treats at noon in the cafeteria. Oyster Point employees can participate in an annual potluck lunch and mystery game contest in the Elbow Room at noon. The Halloween happening at Executive Park still is being arranged. Call 476-7700.

To help out with any of these events, call your EMPACT! representative or EMPACT! at 476-2675.

See a "good doctor"

Parnassus Players, the campus theater group, presents its fall production, "The Good Doctor," by Neil Simon. This is an adaptation of seven short stories by great Russian writer and doctor, Anton Chekov. Hilarious and wry observations of human nature are highlighted by Simon's deft touch. Performances are scheduled for Nov. 3-5, 9-11, 16 and 17 at 8 p.m. in Toland Hall. Admission is $5 for the general public, $3 for students. This event is funded in part by the Associated Students of the University of California.

Fund Performances

For those invested in the 403(b) Plan and the After-tax plan, here are the latest unit values and monthly factors (as of Sept. 30, 1995). The annualized yield reflects the annual yield that could be achieved if the current monthly rate were compounded for one year.

	Monthly Factors	Annual Rate	Annualized Yield
Savings	.0052	6.27%	6.36%
Money Mkt	.0049	5.93%	6.01%
ICCF	.0064	7.73%	7.90%

	Unit Values	12-month Change	3-year Avg. Annualized Yield
Bond	$72.71	24.5%	10.3%
Equity	$133.49	27.4%	15.9%
Multi-Asset	$17.25	16.3%	10.2%

The investment results, as measured by total return figures given above, represent past performance and should not be considered indicative of future results. If you have questions, please call 476-9256.

Bake sale benefits pediatric fund

The Nuclear Medicine Department will be selling cookies, cakes and other treats at a bake sale beginning at 8 a.m. on Tuesday, Oct. 24, on Long 340.

The bake sale is a fund-raiser for the Pediatric Nuclear Medicine Fund, which provides books, crayons, small toys, and videos to entertain young patients for use while they're at the UCSF Medical Center and when they go home.

The bake sale is part of Nuclear Medicine's campaign, during Nuclear Medicine Week from Oct. 23 through 29, to highlight the progress nuclear medicine has made in the diagnosis and treatment of disease through the estimated 12 million nuclear medicine procedures performed on patients annually in the US.

Computer classes start Nov. 14

UCSF Facilities Management offers hands-on computer training in Word, Excel, Access and Windows for Workgroups. Classes start Tuesday, Nov. 14, at a training room in Facilities Management, located at 20th and Harrison.

With decentralized operations and business systems in the department's network of 250 computers at eight sites, Facilities Management developed a computer training program that has taught some 200 of its employees over the past two years. It is now expanding the training to UCSF employees campuswide for a fee. For more information on the classes or to request an application form, call 476-6825.

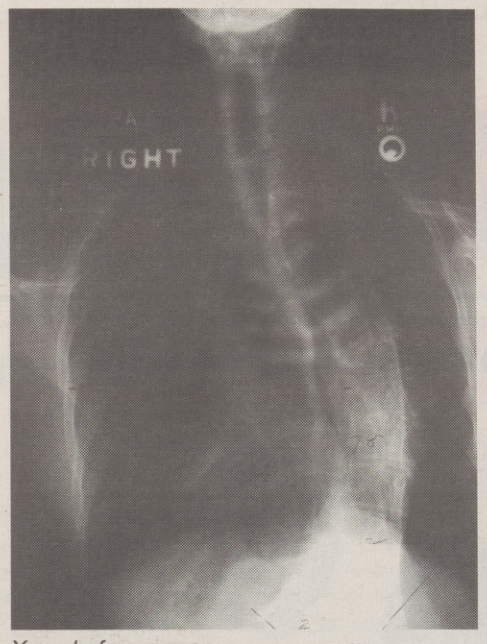
Medsounds Continued

Survey *(from page 8)*

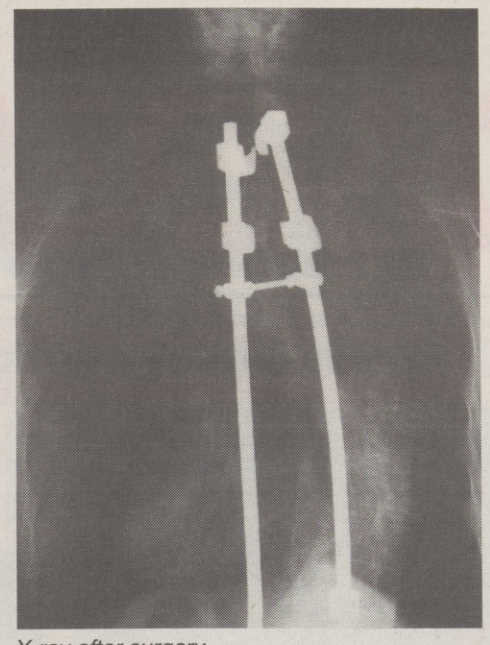
surveys to discharged patients and had a return rate of 20 percent. This time the Medical Center contracted with a professional survey firm, NCG Research, an industry leader that measures and analyzes patient satisfaction, and compares the results with other health care organizations both in the US and abroad. This will enable the Medical Center to benchmark its data with some of the best hospitals in the country, according to Patient Relations.

A random sampling of 1,450 inpatients from Parnassus and Mount Zion surveyed over a four-month period were asked to fill out a standard hospital questionnaire which allows for benchmarking with other hospitals. In addition, a separate insert was designed specifically to evaluate the Medical Center's unique services, which were not included on the standard questionnaire. Survey questions run the gamut from satisfaction with the hospital food to information given by doctors and other health care providers.

The first results from the new comprehensive questionnaire, covering March through June of this year, will be revealed in the next few weeks. Reports will be collated by discharge nursing units but can be tailored to fit other formats, such as specific medical service lines, upon request. With the campaign theme, "When Patients Talk, We Listen," Patient Relations will be sharing and explaining the survey results with managers this fall. Watch for survey results in an upcoming issue of Medsounds.



X-ray before surgery



X-ray after surgery

Lisa Cisneros

David Bradford with Debra Bernard

Spine *(from page 8)*

lems other patients do — depression, pain and feeling dependent. With physical therapy she learned how to walk and move now that her alignment had been improved.

Following four months off work as an administrator at the San Francisco Ballet, she started to work part-time and a month later began visiting Bradford's other patients recovering from spine surgery at the Medical Center. She's been comforting spine patients ever since.

At a check-up with Bradford recently, Bernard reflected on her own recuperation saying she was grateful for the support she had from her mother, sister and friends. "That's what my role is — I give patients the support they need and I help them get over their fear," she says. "I show people that they can come out of surgery and lead a normal life, have a job and keep active."

After swimming built up her endurance and strength, today Bernard is able to reach new heights. Over the summer she hiked up an 11,000-foot mountain pass in Turkey.

Editor's note: The next Medsounds will have a story about new minimally invasive spine procedures at UCSF/Mount Zion.

Osteoporosis *(from page 1)*

the drug will prevent fractures is still in progress. Steve Cummings, professor of medicine and epidemiology and biostatistics, is coordinating an ongoing national study of 6,000 women to see whether the drug can prevent fractures. Results from that study are expected to be available in two years.

A progressive disease of the skeleton, osteoporosis is caused by an imbalance in the body's bone-rebuilding cycle that weakens bones and generally occurs after menopause when estrogen levels drop. As many as 25 million Americans, 80 percent of them women, may be afflicted with the disease, which makes them more prone to bone fractures. Each year, osteoporosis causes more than 1.3. million fractures and costs the US health care system more than $10 billion, primarily due to osteoporotic fractures of the hip, wrist and spine.

The drug was studied in 1,827 post-menopausal women with osteoporosis who were followed for at least two years in five clinical trials in 16 countries. The studies showed that Fosamax significantly and progressively increased bone mineral density — which is closely related to bone strength — at the spine 8.2 percent and hip 7.2. percent. The drug also was approved to treat Paget's disease, a chronic bone disorder that affects up to 1.3 million Americans and may result in enlarged and deformed bones.

Bone loss can occur without symptoms, and the disease often can go unrecognized. In many cases, it is not diagnosed until one or more fractures have occurred. At its most extreme, osteoporosis can cause height loss and a deformed back known as "dowager's hump," which, unfortunately, is fairly common, Harris says.

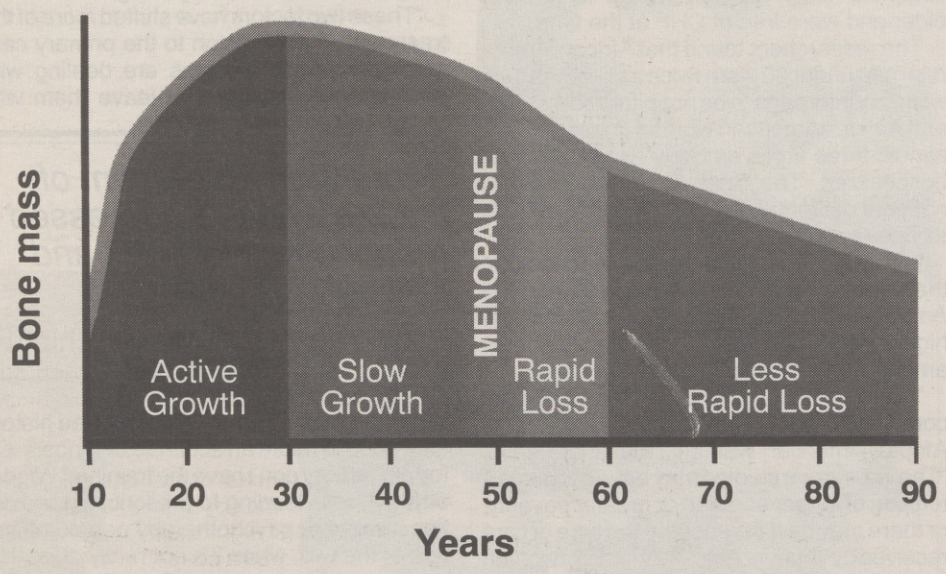
However, he explains, several types of quick, painless and non-invasive tests can detect low bone mass. "Prevention is really paramount," Harris says, adding that tests to measure bone density are offered at several sites. "We need to educate both women and physicians."

Side effects observed in clinical trials were generally mild although the safety of long-term treatment beyond four years has not been studied. Fosamax is licensed to Merck & Co. Inc., a leading research-driven pharmaceutical products and services company.

Osteoporosis risk factors

- Menopause, especially before age 45
- Family history of osteoporosis
- Caucasian or Asian descent
- Thin or small build
- Using steroids, thyroid hormones
- Smoking or high alcohol consumption
- Insufficient exercise
- Not getting enough calcium

Bone loss in women



Source: Merck & Co Inc., Oct. 2, 1995

Depression *(from page 8)*

cal illnesses, personality factors and severe stress; however, sometimes depression can occur without any of these risk factors.

Seasonal Affective Disorder (SAD), a response to the lack of light or sunshine, is a relatively new term used to describe depression during the winter months. Those with SAD usually respond to a combination of light therapy, psychotherapy and drugs, Wigdor says. A recurring problem, SAD is different from feeling the "holiday blues," a temporary condition that can be helped with support groups like the one starting next month organized by the Behavioral Medicine Unit. (See page 6.)

Treatment options

There are more than a dozen commonly prescribed antidepressants that affect the brain chemistry and are not "uppers" or addictive. Although Prozac and other selective serotonin reuptake inhibitors (SSRIs) have received much media attention and are often prescribed by primary care doctors, they do not work for everyone and are more expensive than older drugs. The main advantage of SSRIs is that they have fewer side effects and a lower risk of overdose than tricyclic antidepressants, Wigdor says. Tricyclics, which carry side effects such as dry mouth, blurred vision, dizziness and constipation, are time-tested alternatives to SSRIs, but pose greater risk for seniors who may be taking other medications as well.

Because symptoms of depression may resurface if medication is stopped too soon, it's important that patients keep taking medication when they begin to feel better, Wigdor says. Since many people who have a bout of depression will have another, most physicians advise their patients to keep taking the same dosages of antidepressants for at least six months to a year after remission.

Psychotherapy can be an important component for treating all types of depression and for staving off relapses. LPPI offers individual and group psychotherapy to treat a variety of problems. Most group members are referred by private practitioners who want their patients to have group therapy as an adjunct to their private therapy. "Research studies over the past five years show group therapy to be as curative, or more so, as individual therapy," says Elaine Lonergan, associate director of the program in the Adult Outpatient Department.

Another option for treating the most severe depression — for those who have not benefitted from psychotherapy and/or medication — is shock therapy or electro-convulsive therapy (ECT). Far from the primitive practices of the past, ECT gives a brief, pulse stimulation that requires much less electricity today. ECT can give immediate relief to some patients, often with the only major side effect being a temporary loss of memory.

Depression symptoms

- Being sad for at least two weeks
- Losing interest in life
- Feeling worthless, guilty or hopeless
- Having trouble eating, sleeping or thinking
- Feeling tired or restless
- Thinking about death and dying

Source: Patricia Arean, assistant professor of psychology

SFGH offers free depression treatment for elderly

SFGH offers a free treatment program for depression in English or Spanish for persons over 60. Part of a study funded by the National Institute of Mental Health, the program will look at the effectiveness of different kinds of treatment for depression, according to Patricia Arean, assistant professor of psychology.

Participants will be assigned randomly either to individual therapy, group therapy or a combination of the two. Patients will be seen for four to six months at SFGH with follow-up evaluations for 18 months. Participants will receive free taxi vouchers and $55 for time spent in follow-up evaluations. Those interested in making an appointment, should call 206-5189. For more information about the study, call 476-7439. All calls are confidential.

Depression is the most common emotional disorder in the elderly, occurring in about one in seven over age 65 and resulting in more suicides than any other US age group. While the elderly may have more reasons to feel blue, such as losing loved ones and retiring from work, the majority are not clinically depressed, experts say.

Older people may not always display the classic symptoms, but instead may show signs of dementia, complain about their aches and pains or feel anxious or irritable, which can often be attributed to other ailments. For the elderly, physical illness can lead to depression which can worsen certain conditions and actually hasten death, particularly for those with heart disease. Depression also can be a side effect of drugs.

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UCSF Medsounds

Page 1 . . . New UC chief talks about challenges ahead

Page 1 . . . Campus speaks out for affirmative action

Page 3 . . . Landberg Center offers students spiritual respite

Medsounds is a section of Newsbreak for and about employees of the Medical Center, including Moffitt-Long, the ACC, UCSF/Mount Zion and Medical Center employees at Mission Center and Laurel Heights.

Spine surgery offers scoliosis patient pain relief

By LISA CISNEROS

When evaluating the pros and cons of spine surgery, few arguments are as convincing as the pre- and post-operation pictures of a scoliosis patient.

Debra Bernard of San Francisco has a couple of snapshots depicting the dramatic improvement to her back after David S. Bradford, professor and chairman of the Department of Orthopaedic Surgery, straightened out her spine, and in some respects her life.

Recognized internationally as a spine expert, Bradford came to UCSF in December 1990, about the time Bernard, now age 40, began looking for an orthopedic surgeon to ease the debilitating pain in her back and hip. Diagnosed with scoliosis as a child, Bernard had her first surgery at age 13 to correct her curved spine, but during her mid-30s the condition became worse.

Prime candidates for spine surgery are patients with a significant deformity (curves greater than 50 degrees), a high probability of continued progression and those who feel their condition is cosmetically unacceptable, according to Bradford. For patients with health problems that make them unsuitable for surgery, Bradford recommends a conservative care regimen that consists of physical therapy for stretching, exercising range of motion, antiinflammatory medication and back school. "Without documented progression of the curve and in the absence of pain and loss of pulmonary function, continued observation at yearly intervals with repeat X-rays would be recommended," he says.

As in all evaluations of patients considering treatment options, Bradford reviewed Bernard's medical history — the pain, progression and impact the scoliosis had on her life. He looked at how the curve had changed and evaluated the extent of changes to her height, shoulder line, waistline and differences in leg length.

X-rays showed that after Bernard's first surgery her spine recurved and fused in the curved position, while her unfused lumbar curve was getting worse. Bradford performed a posterior operation (from the back of the spine), a process that included implanting hardware to straighten the spine as much as possible and resecting a rib.

The week that followed was a struggle for Bernard, as she experienced the same prob-

(See **SPINE** *on page 7)*

Family House comforts in time of crisis

Lisa Cisneros

The Bridges, from left to right, Candice, Sydney, Kelli and Russell at the Family House

Visiting the "World's Best Neighborhood Hospital" is not as easy when you live in Las Vegas.

But Russell and Sydney Bridges have been making the trek to the UCSF Medical Center ever since their daughter, Kelli, underwent brain surgery to remove a tumor two years ago Oct. 3.

In town last week for Kelli's annual check up — when she got a clean bill of health — the Bridges say their trips to San Francisco have been convenient and comforting thanks to the hospitality they find at their home away from home — the Koret Family House. "This is a very supportive place. You get to know other families and I feel like you can be at home," says Sydney Bridges.

The three-story stucco house gives free, temporary lodging to some 400 to 500 families a year with children undergoing treatment for cancer and other life threatening illnesses at the Medical Center. Located a crosswalk away from the campus at 50 Irving St., the house features 10 bedrooms, three kitchens, a laundry room, large common areas with entertainment centers and a playroom painted with a colorful medieval scene. Reservations are recommended.

Operating on a small budget that relies heavily on volunteers, the Family House is dependent on donations. The next such fund-raiser, sponsored by The Mendocino Winegrowers Alliance, is slated for Friday, Oct. 27, from 6 to 9 p.m. at the Fort Mason Conference Center, at the intersection of Marina Blvd. and Buchanan St. Participants will be able to taste some fine wines and bid for special getaway packages. For more information, call 476-8321.

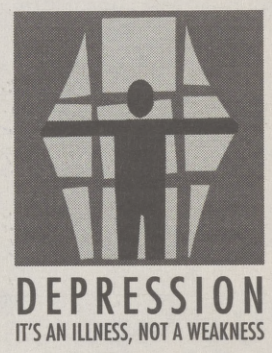
New approaches to combat depression

By LISA CISNEROS

Untreated depression can be deadly. The good news, though, is that when properly diagnosed, depression is largely treatable.

The bad news is that less than half of the more than 17 million Americans who suffer from depression seek treatment.

About one in five adults may experience depression, which affects women twice as often as men, although men are four times more likely to commit suicide, experts say. The majority of suicide victims are not in treatment at the time of death.



"Depression is much different than having the blues," says psychiatrist Seth Wigdor. "Depression can result in serious impairment — and potentially lead to suicide — whereas the blues are fleeting feelings that rarely produce such a disastrous outcome."

At a lecture Oct. 5 to commemorate National Depression Screening Day at LPPI, where mental health experts screened 56 people, a slide show dispelled the myth that if someone talks about suicide they won't go through with the act. Such talk should be taken seriously so that treatment can be prescribed soon.

"More than 80 percent of people who are depressed respond to treatment and feel better, usually within several months of receiving medication, psychotherapy or both," Wigdor says, adding that the best outcomes occur when people are treated with a combination.

Wigdor has begun to work with physicians in the Integrated Practice Group and the Division of General Internal Medicine to improve patient access to mental health care, a program he piloted last year. He also works at the Psychiatry Care Clinic, a new division of the Department of Psychiatry that coordinates care for managed care patients at the ACC. One benefit of partnering with primary physicians is that treatment is made accessible to patients who are frightened by the stigma of seeing a mental health specialist.

"This kind of collaborative approach between primary care physicians and psychiatrists is especially necessary now because managed care insurers are restricting access to mental health services and community mental health systems are unable to serve all the patients in need," says Wigdor.

"These two factors have shifted more of the treatment of depression to the primary care setting, where physicians are dealing with economic constraints that leave them with insufficient time to gather the detailed history they need to make an accurate diagnosis. On top of that they don't have the training," Wigdor says. "This is leading to prescribing medication instead of psychotherapy or a combination of the two, when it's not really clear that the long-term outcomes are as good with medication alone. The unfortunate result of these trends is a deemphasis on the underlying causes and meanings of depression."

"More than 80 percent of people who are depressed respond to treatment and feel better..."

— Seth Wigdor, psychiatrist

Causes of depression may include life experiences, genetic predisposition, other medi-

(See **DEPRESSION** *on page 7)*

Study explains CHF hospitalization rates

By REBECCA HIGBEE

The higher rates of hospitalization among African Americans over whites for congestive heart failure (CHF) are largely explained by known clinical risk factors, such as hypertension, diabetes and obesity, according to a new UCSF study that appears in the Oct. 4 issue of the Journal of the American Medical Association.

"Prevention, early detection and effective management of hypertension, diabetes, obesity and other risk factors might reduce CHF hospitalizations and the excess burden of CHF morbidity among African Americans," says lead study author Mark Alexander, a researcher in the Medical Effectiveness Research Center for Diverse Populations (MERC).

African Americans are two-and-a-half times more likely to die from the disease before age 65 than whites, according to some estimates. CHF is among the most frequent reasons for hospitalization in US adults, and 35,000 Americans die of CHF each year. According to the Health Care Financing Administration, $5.45 billion was spent on heart failure hospitalizations in 1991, compared with $2.24 billion for all types of cancers.

Heart failure prevents the heart from circulating enough blood to meet the needs of the body. Because many of the symptoms of heart failure — shortness of breath at rest, general fatigue and swelling in feet, legs and trunk, for example — are caused by congestion of the tissues and lungs with fluid, it is often called congestive heart failure.

In the UCSF study supported by a grant from the Agency of Health Care Policy and Research, researchers studied a large Northern California HMO to determine whether higher rates of hospitalization among African Americans for CHF could be explained by racial differences in the prevalence of clinical risk factors for the disease. Over a six-year period, researchers examined more than 65,000 patients (27 percent African American, 73 percent white) who had at least one complete health checkup at age 40 years or older and were free of CHF at the time.

The researchers found that African-American men under 60 were twice as likely as their white counterparts to be hospitalized for CHF, and African-American women under 60 were almost three times as likely as whites to be hospitalized. The rates are comparable to national estimates for CHF hospitalizations, says Alexander.

In the UCSF study, researchers found that the higher rates of hospitalization for African-American men under 60 are explained by the higher rates of hypertension and diabetes among African Americans than whites.

"However, these clinical risk factors did not completely explain the excess rate for the African-American women," Alexander says. "The women we studied may have had hypertension of longer duration or greater severity, or there may be differences in the type of care received by younger African-American women in this HMO."

More research is needed to determine whether differences in the types of care received by African Americans and whites account for a portion of the racial difference in CHF hospitalization rates among younger females, according to the study.

Medical Center embarks on new patient survey

The Medical Center is using a new comprehensive tool to survey patients to determine how to best serve their needs in this highly competitive health care market.

Consumers and insurers alike are requesting to see hospital data depicting the level of patient satisfaction for health care services. In an environment with a surplus of hospitals and health care providers, it's important to document to purchasers of health care how the quality of care measures up to the competition, according to Susan Alves-Rankin and Deborah Yano-Fong, co-directors of Patient Relations.

The goal of the survey is to get a pulse about the general perception and opinion of the Medical Center. There are other tools and mechanisms in place to obtain more specific feedback about selected areas. For example, managers can request to use a simple, user-friendly device that enables a department to collect patient feedback at the point of service. Call Patient Relations at 476-9436 for more information about using the device.

In the past, the Medical Center mailed out

(See **SURVEY** *on page 7)*